Stay Safe and Independent in Your Home

HOME SAFETY AND FALL PREVENTION CHECKLIST

Check off the items as you complete your home inspection.
Visit our website at www.safeelders.org for more information.

SMOKE ALARMS
- Have smoke alarms on every floor and outside every bedroom
- Test smoke alarms once a month
- Ask for help to change batteries or replace units

COOKING SAFETY
- Remove loose clothing before cooking
- Keep a large lid near the stove to smother stove-top fires
- Keep cooking surface free of dish towels, wooden utensils, and potholders
- Use back burners and turn handles inward
- Never leave cooking unattended
- Set a timer for the oven and for oven fires, keep the door closed and turn off the oven
- Use oven mitts, not kitchen towels to handle hot pots and pans
- Double check oven and burners are off before going to bed

HOME HEATING AND ELECTRICAL SAFETY
- Keep space heaters 3 feet from anything flammable
- Never leave space heaters unattended and unplug when not in use and before going to bed
- Do not overload outlets and replace worn cords
- Run extension cords along walls, not across the room or under rugs

SMOKING SAFETY (Best way to prevent fires from smoking is to not to smoke!)
- Smoke outside away from anything that could catch on fire

- Never smoke when drowsy or in bed
- Use deep sturdy ash trays on a level surface
- Rinse ashes and butts before emptying into trash

ELECTRICAL SAFETY
- Do not overload outlets
- Replace worn cords
- Run extension cords along walls, not across the room or under rugs
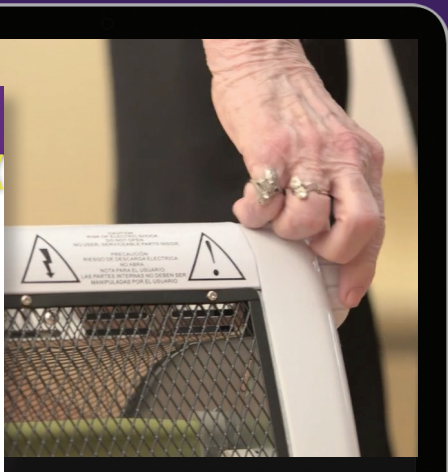
ESCAPE PLANS
- Know how to respond to a fire—Get out and call 9-1-1
- Plan on two ways out of any room and identify a safe place outside the home to wait for help
- Never go back for anything until firefighter gives the OK

FALL PREVENTION
- Get at least 30 minutes of strength and balance exercises each day
- Wear well-fitting shoes with good traction
- Install grab bars in the bathroom and use a no-slip mat in the tub
- Test water temperature in the shower and bath to prevent scalds
- Clear clutter and remove unnecessary area rugs
- Place non-slip backing on rugs
- Keep rooms and hallways well-lit

MEDICATION SAFETY
- Sort medications into pill organizers
- Bring all medications to each health care visit

Visit our www.safeelders.org website where you can watch a home safety video and download a free home safety checklist.

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